

Nation



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Halloween Cometh

Celebrating October's delights

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Respect, traditions and ways of life

by Will Nicholls

Traditions are very important to any culture. Even though the Nation is an Aboriginal magazine not all of the people who work here have Aboriginal ancestry. But just as I wish to have my culture and traditions respected I return it as well. Case in point, one of my writers couldn't do a story because he is Jewish and Yom Kippur or the Day of Atonement, one of the holiest days for him had to be observed.

During this time (for 25 hours) the traditions say there is no eating or drinking, wearing of leather shoes, no meetings, no bathing or washing, no perfumes or lotions and no marital relations. The purpose of these prohibitions accompanied by prayer is that by feeling pain yourself one can feel how others feel when they are in pain.

One has to respect someone who makes this commitment. In a way it reminds me of the Sundance practiced by some Aboriginal peoples. In that ceremony participants pierce their skin and attach buffalo skulls (this may change depending on the nation or ceremony) to their body. They say they are doing this to take the pains of the people and so Grandfather (sometimes known as Creator or God) will listen to them and help those in need.

Christians of some sects have whipped themselves or been crucified.

In almost every human culture there is a desire to have a spiritual connection and to make it a part of your being. It is an intensely personal commitment to follow the path your faith guides you on.

Not all of the commitments or obligations of tradition, culture, spirituality and faith are as demanding as the above examples but nevertheless they are just as important. One of those that I have followed is the Walking Out ceremony practiced by the Cree of Eeyou Istchee. I have not allowed my son, Hunter, now 10 months old, to touch the ground outside the house or tent. He is a bright and curious boy, like many children, who wants to get down and play with dogs, is fascinated with flowers and other plants and many other aspects of his surroundings. But he has only smelt flowers held in my arms and struggles to explore the world on his own. Every parent has gone through this and knows the difficulty.

We also know the rewards of the Walking Out ceremony. It is an introduction to Cree society and a moment of pride. I know I will certainly feel that emotion when it happens on October 12. For me it will be a special time. It will be the first time he has connected with the land. It will be the first time he has walked on the land and he will know it is a special thing. I feel this ceremony is the being of the time when he starts to assume responsibilities. Even walking on the land is more of a responsibility than a right.

I thank all those who are helping and will be a part of this time. The commitment and sacrifice of the past year is a tradition in keeping with Cree culture and way of life. I am honoured that these ways were shared with me and I pass them on.

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photo by:
Linda Ludwick and
Mona Laviolette

On the eve of all hallows

by Sonny Orr



Once a year, around this time, the sun's rays start to struggle their way through often-clouded days, telling us that winter is just around the bend. Other seasonal indicators tell me that moose heads will rest on truck hoods everywhere (for those who don't practice the art of sport hunting), and it's time to ready for a long haul at camp.

These omens of cold weather also tell us that a more sinister side is at work, one that has a lot to do with hobblins and goblins. The inner dead amongst us in the know want to don blood-stained and rot-infested clothing and act like mindless zombies, the ones who wish to run away from the neighbourhood werewolf, the twilight vampire who lives forever, perhaps? Yes, it's Halloween.

Halloween seems to make all our fantasies of being part of the dark side a lot more legitimate than back in the good old days, when the Europeans imported shock-and-horror culture and used it to burn innocent people at the stake, or drive small wooden ones into the suspected blood-sucking vampire. Thinking back, it seems that a lot of people were persecuted this way, a vast paranoia that infected those who actually believed in vampires, to rid the world of endless life, but a dark and dreary life, one may add.

Today, these modern-day legends are captured throughout the year in endless bloodfests and on many console games. Heck, even a movie was made out of a zombie game and made millions into believing consumers.

But this Halloween promises to be interesting, just because it is dead centre in the middle of the week. How can this work out? Will the midnight spree of fake blood and face makeup last until the next weekend? Or can it not wait and happen right on schedule? Oh, the dilemma for parents around the globe. Then, perhaps the parents will say, leave the middle of the week for the kids, then we have unbridled partying on Friday? Yayyy... problem solved.

To make things more complicated, the weather of course. At this time of the year, it could rain, snow, sleet or be just plain old cold. But hey, this is up north, where wearing skimpy Halloween outfits like Cat Woman deserve merit for bravery and a free ticket to the clinic, where you can recover from frostbite and lost toes.

In any case, make sure that when the kids go out for the usual trick or treat that an adult accompany go along to carry the heavy fruit. Back in the day, sugar was doled out in concentrated levels in things call candies. Today, I suggest a serving of something healthier or at least lighter, like tasteless popped corn or other non-fattening goodies. But, back in the day, dentists were few and far apart as many toothless wonders today can attest to that.

Otherwise, just go out and have fun with your charade and outfit. Don't forget, Christmas is right around the corner in stores these days, so lets get this party out of the way so we can concentrate on budgeting and spending! Yayy!

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RÉSEAU SÉLECT



Agreement forecasts Waswanipi gold rush

Bachelor Lake operation expected to provide jobs, investment and environmental guarantees

by Lyle Stewart

Waswanipi residents are set to benefit from job creation, skills training and millions in investments following the signing of a socio-economic participation agreement (SEPA) with Metanor Resources, which is redeveloping the nearby Bachelor Lake gold mine.

Cree Grand Chief Matthew Coon Come, Waswanipi Chief Paul Gull, Metanor President Serge Roy and Metanor Vice-President Pascal Hamelin signed the agreement at a press conference in Montreal September 27.

While many details are still to be ironed out, the agreement foresees large payments to a community "Legacy for Youth" fund. Under the formula, amounts equal to 1% of capital expenditures and 3.5% of profits after investments are recouped will be returned to the community over the life of the mine. A bipartite harmonization committee equally composed of community and company representatives will set employment targets as human-resource needs are identified. Opportunities to bid on contracts at the mine will also be provided to Cree-owned companies.

The agreement follows an investment – the amount undisclosed – by the Cree Mineral Exploration Board in Metanor stock in order to help finance the development of the mine.

"The agreement required respect and understanding for each party's vision," said Coon Come. "I believe the agreement we are signing today provides tangible benefits. It will help us build a life for our youth and make Eeyou Istchee a land of opportunity for them."

Fifteen Waswanipi young people are now in training to work as miners, and will eventually join the eight locals who already work at the Metanor mine. "I have 50 youth who will turn 18 over the

next five years," noted Gull. "I have to find new jobs here for them."

According to Hamelin, Metanor has invested \$85 million to date to refurbish the site. Total investment is forecast to eventually reach \$510 million. The company says the deposit contains a proven 200,000 ounces of gold; a figure it expects will climb as further exploration is undertaken.

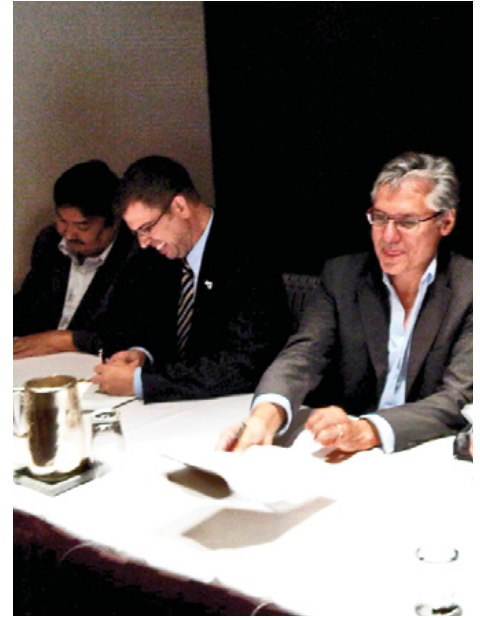
"I am very proud of this agreement with the Cree community," said Roy, who is also the company's CEO. "We are working together more and more. We will continue to explore the territory in partnership with Waswanipi."

The Bachelor Lake site, which was originally discovered in 1946, is on the territory of Tallyman Frank Blacksmith, who also collaborated in the agreement. It operated as a gold mine from 1982 until low gold prices led to its closure in 1989. Metanor acquired the mine in 2005 and started working there in 2007.

"We have developed a relationship with Metanor over many years. We have become friends," said Gull. "We signed the agreement because we believe every mining company has a corporate social responsibility to the community that its mine affects."

The agreement is based on conditions imposed in an environmental permit granted by COMEX after it reviewed the project last May. Aside from the SEPA, COMEX also stipulated that an environmental review must be conducted on possible impacts on Bachelor Lake. The federal government, meanwhile, is responsible for studying possible impacts on fish populations.

Coon Come emphasized that any agreement must be based on three principles: that wildlife be protected; appropriate measures be taken to protect the environment and Cree traditional activi-



ties; and that benefits flow directly to communities where resource-extraction projects are established. This is the seventh SEPA signed by the Grand Council and Cree Regional Authority.

Gull acknowledged that there had been contamination concerns about the Bachelor Lake site before Metanor acquired the mine in 2005. But he is confident the company is taking the appropriate precautions to ensure that contaminants used in the gold-mining process, such as cyanide, are contained, noting that all water used in the operation is being recycled.

He said a bigger challenge for the community is to force Quebec and the mining industry to cough up the resources needed to environmentally reclaim 50 other abandoned mine sites in Waswanipi territory.

The agreement contains another milestone for the Waswanipi Cree – for the first time the community is directly participating in the review process with its own environmental entity.

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Youth emancipation

Free the Children gains momentum in Eeyou Istchee

by Amy German

Slowly but surely a new youth movement is capturing the hearts and minds of the Cree people to help free the children of foreign nations from poverty and exploitation while simultaneously freeing the children of the north from the notion that they are helpless to help others.

This is the whole premise of Free the Children, a charity and youth movement started by children's rights advocate Craig Kielburger in 1995 when he was only 12.

According to Annie Ethier, Director of Operations for Montreal and Ottawa, what started as a small movement by one child 17 years ago has grown into an international organization that operates in 45 countries and involves over a million youths.

Since learning about the charity earlier on this year, the Cree Nation Youth Council passed a resolution to support the organization. And recently Justice Director for the Grand Council of the Crees Donald Nicholls made a presentation to the Cree School Board to show just what partnering with this group could do for the Cree youth.

"We were hoping that an organization like this will be able to help our children not only make an impact in their communities but to Adopt a Village and make an impact in the lives of children around the world. It will empower them to realize that they too can stand up at no matter what age and make a difference," said Nicholls.

The Adopting the Village program that Nicholls mentions is the international program that Free the Children offers whereby a youth or school group can literally adopt a village that they will help out by raising money to fulfill a specific need that the community is lacking.

According to Ethier, this is part of Free the Children's holistic approach to helping, using a sustainable development model that is based on five pillars: creat-



ing access to education, clean water, healthcare, alternative income and livelihood, and agriculture and food security.

"When a school wants to fundraise they can choose a pillar that they want to help and which country they want to help in. We are currently working with eight countries: Haiti, Nicaragua, Ecuador, Sierra Leone, Kenya, Ghana, India and China.

"They can choose to build a school in Ecuador or help to give access to water in a community in Kenya or an alternative revenue and livelihood program in India. They choose what they want to do and send the money to that community. In each of these countries we have an office with our own staff who work with the locals," said Ethier.

Once more, the group sponsoring the project can track the progress being made in that village as Free the Children will post a micro-site on their website so that the school and youth groups can see these communities evolve.

On the domestic side, there are other added benefits to partnering with Free the Children. The youths who par-

ticipate can earn their way to getting tickets to attend We Day.

"At We Day, our Free the Children signature event, we actually bring together social justice leaders and entertainers to talk about different social issues to show the youth that they can actually do something and inspire them to take this action.

"When you go to one of those events and realize that beside you there are thousands of youth who want to change the world as much as you do, it is incredibly inspiring to see that you are not the only one who feels that way," said Ethier.

To earn a spot at one of these major events in cities like Toronto, Montreal, Calgary, Winnipeg, Waterloo and Ottawa, groups have to follow the process where they commit to one local action in their community and one international action.

And that is where the change begins.

For more info:
www.freethechildren.com

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Please help me by collecting and sending your pennies to do one last heroic thing for our First Nations children.

Wes Prankard



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For more information, please visit www.northernstarfish.org



Wes Prankard building playground

Petawabano wins Cree Health Board elections

Bella Petawabano handily won election as chairperson of the Cree Board of Health and Social Services of James Bay during the vote September 26, taking 1,627 votes over her only opponent, Roderick Pachano, who received 702.

Petawabano has 17 years of experience as a board member in the Cree Health Board along with 35 years of work in health and social services. Pachano is the former Chief of Chisasibi, with many years of experience in community service.

Petawabano took a majority of votes in every Cree community except for Chisasibi, where the former chief took a narrow edge.

Both candidates visited various Cree communities in an effort to spread their message and their vision for the next four years of Cree health services.

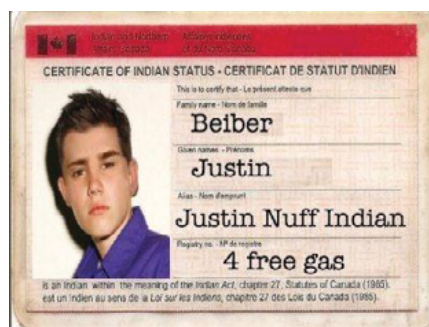
You can check out all the results on soleica.ca/chbelections2012.

Bieber thinks he's Indian enough to get free gas

The August issue of *Rolling Stone* held a surprise for fans and non-fans of Justin Bieber as they learnt he thinks he is part Aboriginal. "I'm actually part Indian," he

stated in the magazine. "I think Inuit or something? I'm enough percent that in Canada I can get free gas."

Bieber had reportedly made this claim in the past while on tour. It's surprising no one told him "Indian" and "Inuit" are not only two different peoples, but Inuit are not exempt from the gas tax. Yes, there is a tax return on gas, but it isn't free. The *Nation* staff tested this out by



demanding our free gas from several gas stations. It didn't happen and would likely never happen staff members were informed.

Just to clear up the confusion the Congress of Aboriginal Peoples have offered to assist Bieber in tracing his ancestry. Perhaps they can even teach him the difference between Inuit and First Nations. Then hopefully they'll tackle what First Nations are entitled to and what they are not.

An educated Bieber is a smart Bieber.

Clarification to "Charged Up"

Cynthia Taylor of the Niskamoon Corporation wrote to point out that there was a factual error in "Charged Up", the article on Niskamoon's Technical Employment Hydro-Québec program that ran in the last issue of the *Nation* (Vol. 19, No. 23; Sept. 21, 2012).

"From the article we get the sense that the TEHQ program only has one two-year vocational program based in Rouyn-Noranda, but this is not the case. I apologize if there was a miscommunication or misunderstanding.

"The TEHQ program consists of four academic programs, not just the one Charles Bobbish graduated from. This year we only had graduates from the one program in Rouyn-Noranda in the Automated Systems Electro-Mechanics program, but there are three other programs based in other parts of Quebec:

- a two-year vocational program in "Industrial Construction and Maintenance Mechanics" (in Amos);
- a three-year CEGEP program in "Industrial Electronics in Instrumentation and Automation" (in Rouyn-Noranda);
- a three-year CEGEP program in "Electronics Technology in Telecommunications/ Computers" (in several Quebec CEGEPs).

"It would be much appreciated if there was a mention of this in the next *Nation*."

Comic strip courtesy of Tundra Comics: www.tundracomics.com



www.nationnews.ca October 5, 2012 *the Nation* ||

[illegible]

Even the food from the post, such as flour. All the food he brought was distributed among the people. This was the food that was available from the post. There wasn't much variety during that time. There was only flour, lard, sugar, tea and baking powder. I





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Halloween cometh

The Nation's guide to celebrating October's delights

by Amy German



October brings so many wonderful sights, scents and sinful delights to celebrate. As the children begin to dream about what costume they will wear to trick or treat, pumpkin becomes the theme to both decorate with and the flavour to play with in the kitchen.

When looking at the emerging trends in all things Halloween costumery, décor and deliciousness, the Nation has once again delved deep into our research cauldron to come up with the most serious of spooks and sensuous of flavours for this year's festivities.



WHAT TO WEAR FOR THAT PERFECT SCARE

When it comes to getting something awesome to wear for Halloween, there is always lots available online and in the big-box stores. But if you want to go the extra mile to get something spectacular, Montreal is the place to shop. This year *the Nation* decided to check out the Imagine Le Fun costume shop (located at 4815 Saint-Laurent) to see what the big

trends are and what kinds of awesomeness is available for those who want to party in a style.

According to store manager Jalila Boucetta, this year's emerging trend is pretty surprising.

"What are really hot for this season are animal costumes. Right now we are in the last week of September and animal costumes are really selling well and I have no idea why. There are just a lot of

people who want to go as animals – like monkeys, crocodiles and wolves. But it's still early in the season so it's hard to say if these are going to be our best sellers," said Boucetta

She said that for children on the other hand, it is all about the superhero costumes, for which they have an incredible selection. This should come as no surprise as the last few years have



THIS YEAR'S TREND IN DECOR

When it comes to decorating, it seems that the big trend this fall is to use pumpkins for decor throughout the month of October and not just for All Hallows' Eve.

Perusing the October covers of numerous magazines, pumpkins are everywhere but not just in their typical carved form – this year it's everything from pink to gold and other metallic shades.

Our suggestion is if you can find paints in iridescent shades, paint your gourds in lovely light and dark shades or follow this instructional guide to how to go glitter for some incredibly spectacular shimmering pumpkins.

www.ehow.com/how_5567708_make-glitter-pumpkins.html

been all about superheroes on the big screen.

But just what does Imagine Le Fun have that may not be easy to find elsewhere?

Their storefront boasted some spectacular examples of what was available inside but nothing was more impressive than the Bumblebee from *Transformers* get up which ran a steep \$300.

And, if you have that kind of scratch, there were a number of mind-blowing costumes you could buy to keep.

According to Boucetta, the boutique features a collection of costumes that are really haut de gamme, like an impressive Edward Scissorhands costume that's right off the set of the film.

They also had a Beetlejuice costume that ran for \$150 but was entirely authentic, a Wicked Witch costume from *The Wizard of Oz* that was absolutely flawless, and a 1950s poodle skirt costume that had surprising quality details to it.

Also blowing my mind was a Queen of Hearts costume that looked like it had just come off of a TV set. It ran for \$238, but the gold and embroidery in the skirt and crown were incredible.

In the more affordable range was a "baroness" costume that ran for \$89 but had loads of 1800s style details on the

bodice and skirt with loads of layering and tiers of fabric.

What was really nice about this place was that, looking around the walls and racks of costumes, I didn't see the painful "sexy" types of outfits that have become all too common. Every time Halloween rolls around, the stores and the internet get flooded with loads of "sexy" nurse, French Maid, Alice in Wonderland and yes, even "sexy" Big Bird costumes. It becomes open season on feminism.

Imagine Le Fun had instead costumes like Tinker Bell or foliage fairy and also various animal costumes that allowed for fun and dignity – well, as dignified as you can be on Halloween.

They also had an incredible selection of beautiful, brightly coloured and often glittering masks, hats, wands, scarves, gloves and just about everything else you could imagine. There was also an entire wall of pirate accessories and literally hundreds of wigs and beards.

Even for babies they had a great selection of costumes, featuring penguins, baby owls, parrots, strawberries, ducks, chickens, puppies and kittens.

For more info, go to: www.imaginelefun.com

PUMPKIN FOR YOUR PALATE AS WELL

While Halloween is just one day, celebrating fall's sensations can be enjoyed throughout the entire season and what better way to do it than with pumpkins.

Why not make it a family affair? While your older children may not be so keen on dressing up and trick or treating, they can always help pick out pumpkins to decorate with and help out in the kitchen to make one of these sensational pumpkin delights?

Not only is pumpkin a feast for the eyes, but its colour is actually a marker of tremendous nutritional value. Pumpkin is jam-packed with vitamins and nutrients and a whopping ton of beta-carotene, an all-important anti-oxidant that has cancer-fighting properties. The pigment (colour) in pumpkin also contains another carotenoid (nutrient found in certain kinds of pigments that are very healthy), and beta-cryptoxanthin, which has been attributed to decreasing the risk of lung cancer in smokers.

Here are three pumpkin delights that *the Nation* tested to make sure they were fabulous!



CAREER PLANNING

WEMINDJI: OCTOBER 15TH TO 17TH
WASKAGANISH: OCTOBER 19TH AND 20TH
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Pumpkin Yoghurt

This summer I decided to combine two of my favourite things – Greek yoghurt and pumpkin pudding – to make this healthy and delightful treat that can be eaten as a breakfast, a snack or an after-dinner dessert. Since it is both vitamin and protein rich, it is healthy and very satisfying. I often have one on the go in the fridge.

Ingredients

- 1/2 cup granulated sugar
- 1 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger (optional)
- 1/4 teaspoon ground cloves (optional)
- a tiny pinch of nutmeg (optional)
- a tiny pinch of allspice (optional)
- 2 large eggs (with high omega-3 content, as noted on label)
- 1/2 of a 796ml can of any kind of pure pumpkin
- 3/4 of evaporated lowfat 2% milk
- 1 500ml container of 2% Greek-style yoghurt

- 1 teaspoon of vanilla extract
- 2 packets of sugar-free sweetener (I use stevia) or to taste

Directions

- 1) Preheat oven to 350° F.
- 2) Lightly grease 11-x-7-inch baking dish or a 9-inch pie plate.
- 3) Combine the sugar, spices, salt, ginger and cloves in small bowl.
- 4) Beat eggs in large bowl. Stir in pumpkin and then add the sugar mixture. Gradually stir in evaporated milk. Pour into prepared baking dish.
- 5) Bake for 35-40 minutes or until centre is slightly wiggly, don't over bake as the sides begin to burn.
- 6) Allow to cool.
- 7) Add vanilla and sweetener to Greek yoghurt and stir.
- 8) To serve this dish, layer pumpkin and yoghurt parfait style, one tablespoon at a time or pack into a Tupperware container likewise to just scoop out a serving when the moment strikes.

Pumpkin and Spice and Everything Nice Muffins

We decided to try out these fun and flavour-packed muffins from Food Network's sisters Janet and Greta Podleski's LooneySpoons Cookbook as they feature healthy pumpkin as well as some other good-for-you ingredients, like wheat bran or wheat germ with just enough chocolate chips so the little ones feel like they are getting a big treat.

I found them to be delightful and moist with hits of sweetness and spice – the perfect fall treat!

Ingredients

- 1 1/4 cups all-purpose flour
- 1/2 cup wheat bran (or wheat germ)
- 2 teaspoons pumpkin pie spice (or 1 1/2 tsp ground cinnamon plus 1/2 tsp each ground ginger and nutmeg)
- 1 1/2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup canned pumpkin puree
- 1/2 cup plain yogurt



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**Matthew Coon Come, President
Cree Nation Achievement Awards Foundation**



- 1/2 cup honey (or maple syrup, however I prefer the honey)
- 1/4 cup melted butter
- 1 egg
- 1 teaspoon vanilla
- 1 cup finely grated carrot
- 1/2 cup miniature semisweet chocolate chips
- 1/2 cup chopped walnuts (optional)

Directions

- 1) Preheat oven to 375°. Spray a 12-cup muffin tin with cooking spray and set aside.
- 2) In a medium bowl, combine flour, wheat bran or wheat germ, pumpkin pie spice, baking powder, baking soda and salt. Set aside.
- 3) In a large bowl, whisk together pumpkin, yogurt, honey, butter, egg and vanilla. Stir in carrots.
- 4) Add dry ingredients to wet ingredients and stir using a wooden spoon just until moistened. Fold in chocolate chips (and walnuts, if using). Batter will be thick.
- 5) Divide batter evenly among 12 muffin cups. Bake on middle oven rack for 20-22 minutes, or until a wooden pick inserted in centre comes out clean.
- 6) Cool on a wire rack.

Maple Pumpkin Tart with a Shortbread Crust

For those of you looking for sinful to serve after the perfect fall dinner party, this delightful tart is a whole new take on the traditional pie, switching up the traditional crust for shortbread and sweetening it with maple syrup in lieu of regular sugar to give it a richer flavour.

For the crust we used this simple and easy Martha Stewart recipe:

Ingredients

- 2 ounces (4 tablespoons) unsalted butter, softened
- 3 tablespoons sugar
- 1 large egg yolk
- 1 cup all-purpose flour
- 1 teaspoon coarse salt

Directions

- 1) Stir together butter and sugar in a medium bowl. Stir in yolk. Add flour and salt, and stir until mixture is dry and crumbly. Press dough into bottom and up sides of a 9-inch pie dish or spring form pan. Freeze until firm, about 20 minutes. Meanwhile, preheat oven to 375°.
- 2) Bake, rotating halfway through, just until crust turns golden brown, 20-22 minutes. Let cool in dish on a wire rack.

For the filling we went with this ultra -decadent recipe:

- 2 large eggs
- 1/2 of a 796ml can of any kind of pure pumpkin
- 1 cup heavy cream
- 1/2 cup pure maple syrup
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cloves
- a pinch of nutmeg (optional)

Instructions

- 1) Set middle rack and preheat to 325° F. Place the pie plate on a foil-lined baking sheet.
- 2) In a large bowl, whisk together the eggs, pumpkin, cream, maple syrup, cinnamon, ginger, salt and cloves.
- 3) Pour the pumpkin mixture into the crust and bake until the centre is set, 60-70 minutes.
- 4) Let cool to room temperature before serving.

Serve with or without a whipped cream topping.



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(Super)heroes on display

The Nation's takes on the many heroes and villains at Comiccon 2012

by Amy German



There were no shortages of Batmans. Among the 32,000 visitors who made their way to Montreal's fourth annual comic convention at the Palais des Congrès September 14-16, there were probably hundreds of caped crusaders. Skinny Batmans, obese Batmans, Batmans with costumes that probably cost thousands, cheap Batmans who wore crappy, old t-shirts and half-assed makeup, female Batmans, Bat-girls, baby Batmans and many more....

Being big fans of comic-book characters (*Nation* editor-in-chief Will Nicholls) and wild costumery (me), the *Nation's* dynamic duo headed to this year's Comiccon to check out the scene as there's no telling what you're going to encounter at the event.

Comiccon over the years has evolved from being a large-scale convention, where fans bought and traded comic books, to an all-out extravaganza of costumery, celebrities, merchandise and like-minded folks.

Frequently described as the ultimate geek or nerd event as it is a celebration of fandom where some fans go all out to show their devotion or compete for who knows the most about *Star Trek* episodes or has the best cape, this year's edition was a no-holds-barred love fest for the heroes who have captured the hearts of so many.

As we filed into the showroom I felt as though it had been a while since I had seen so many un-ironic mullets and realized that I was one of the few who wasn't wearing theatrical makeup. It's not everyday that you encounter straight guys with swagger dressed as Link from *Zelda* or see unicorns casually walking by.

What made this year's show different to earlier ones was how more spacious the event was, having changed venues from Place Bonaventure, and how more approachable the celebrities were.

While the *Nation* couldn't get in to meet this year's headliners – William Shatner, better known as *Star Trek's* Captain Kirk, and Patrick Stewart a.k.a. Captain Jean-Luc Picard on *Star Trek: The Next Generation* – we did manage to spend a few moments with *Hercules* and *Andromeda* star Kevin Sorbo.

Sorbo said he does about five conventions per year, but he is invited to many more due to the nature of his TV shows and fan base. Both of his shows are shown in over 100 countries. It turns out that *Hercules* surpasses *Baywatch* as the most-watched TV show in the world.

The actor said that when it comes to fans about 60% of them recognize him for *Hercules* and about 40% recognize him for *Andromeda*. But some who attend these events are fans of his independent films, like *Soul Surfer* or the faith-based family film *What If?*

But, events like Comiccon are not without fans who go out of their way to make impressions on the celebrities:

As Sorbo explained, "About three to four years ago, I was at DragonCon in Atlanta, which is a really big convention that has been around for 30 years. I was at a table just like I am now, sitting down at this level, when three women walked up to me completely buck-naked as they were body painted.

"Looking at them from 20 yards away the body paint was so beautifully done that it looked like they were wearing really tight clothing. Then they got closer and it was like, wow, that is your vagina I can see, and they were giggling and laughing. That was certainly an interesting moment," said Sorbo.

The *Nation* also had the opportunity to briefly meet Malcolm McDowell, star of Stanley Kubrick's 1971 classic *A Clockwork Orange* and countless movies, TV shows and video games, who has become known for his villainous roles.

Despite the magnitude of his work, in person McDowell was quite subdued and very dignified.

"I don't do this kind of circuit frequently, maybe two a year, where I come and meet the fans and say hello. It is actually quite exhausting to do; it's a lot of work.

"But the fans are usually very respectful and nice. I have never had a problem," he said.



Malcolm McDowell

In honour of McDowell's appearance, there were numerous fans at the convention decked out as the characters of Alex and his "droogs" from *A Clockwork Orange*, dressed in all-white, suspended outfits with black boots, derby hats and false eyelashes. While it made for an amusing scene, at no point did we feel as if these costumed youth were on the verge of "ultra-violence".

Comiccon is more of a love-fest – just ask any of the attendees.

Coming upon one of the 10 Captain Americas that we spotted at the show, we decided to find out what goes on in the mind of someone who is compelled to don such an outfit well past the age of playtime dress-up.

"I'm from Ottawa and I just started this year going from city to city to participate in these Comiccon events. It is a little addictive," said Richard Wong a.k.a. Captain America.

"A lot of people will sign up for a marathon to workout but when you sign up to wear an all-spandex uniform, that is way more incentive to work out."

Wong was only too happy to speak to the media and we weren't the only ones to have approached him. It turned out he had already done several other interviews.

"Part of it for me is just getting the opportunity to meet celebrities. I grew up watching *Star Trek: The Next Generation* and Patrick Stewart is here. On the one hand, my father taught me how to be a man, but at the same time, during my formative years, the Jean-Luc Picard character showed me when it was important to follow the rules and when and where to break them – if that makes any sense.

"I am also a big fan of AMC's *The Walking Dead* and in Toronto I met actors Jon Bernthal and Norman Reedus.

"The other big part of going to these events is all the love you get, especially when you are in costume. You can 'nerd-out' and just go wild with it. You get to



to super-size their wardrobe or add to their hero/villain accessories, Comiccon is also the ultimate shopping trip.

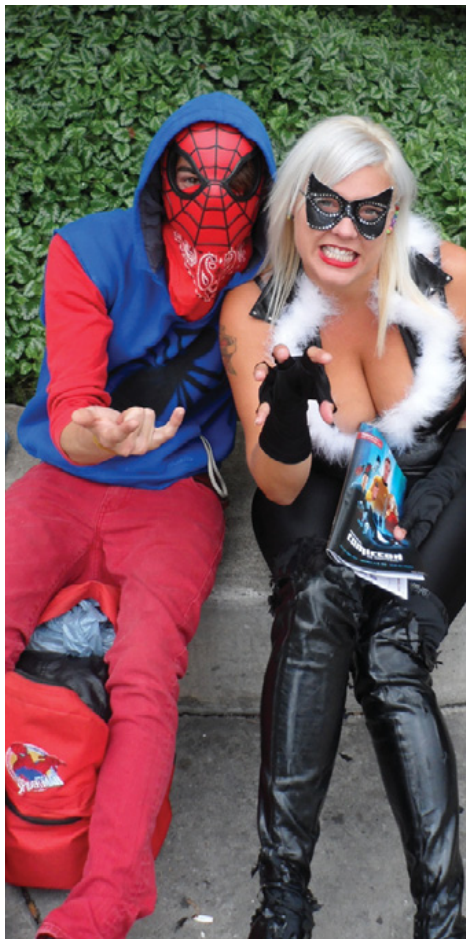
All around the event were vendors hawking everything from Captain America shields, a wide variety of horrifyingly daunting knives, swords and other chopping implements as well as novelty items, like Wonder Woman, Superman and Green Lantern themed bathrobes, dresses, hoodies, aprons and baby onesies.

According to merchant James Cucciara, who has sold his wares at conventions across North America, these events are competitive even for the vendors.

"My best items are something that no other dealer has as you can't find them anywhere else," said Cucciara.

Cucciara's t-shirts, dresses, bathrobes and hoodies can also be purchased online at www.stylinonline.com/

But getting down to what this convention is fundamentally about, comic books abound at this event and it is a fantastic place to buy, trade and sell them as



meet a lot of like-minded individuals who you wouldn't meet anywhere else," said Wong.

Despite the stereotype of Comiccon goers as lonely, socially inept guys who have emerged from their parents' basement, there were lots of very attractive women about, also in costumes.

Donning an incredibly flashy and sexy Pink Ninja costume from *Mortal Kombat* (along with some nightmare-inducing contact lenses), Amira, one of the Comiccon's out-of-town patrons, said she chose her outfit for her love of the game, having played it since it came out in the early 1990s.

"I do a lot of these events. I was at the Calgary Comic Con and I also went to the event in Toronto. We're from Grand Prairie, Alberta, and so it was a real trip to go to all of these events. It's my love of travelling and these events combined that drives me to go to these things. I love to see all of the different outfits and meeting so many people – it's just so much fun," said Amira.

While a large part to the event is wearing costumes, for those who want



Kevin Sorbo



While there were comic-book writers and illustrators at tables throughout the event, from the very prolific and famous right down to the emerging new artists launching their own series, there were also artists on hand who have taken the medium to new levels.

Montrealer Rupert Bottenberg, a visual artist and comic-book artist who has traveled to the north to teach the art of comics to First Nations children, was at Comiccon as a member of En Masse, an artists' collective that produces large-scale collaborative black-and-white murals that have a comic-book feel. Just recently the group completed a huge permanent installation at Montreal's prestigious Museum of Fine Arts.

"Today I am here, with fellow En Masse member Jason Wasserman, conducting what is basically an En Masse installation," explained Bottenberg.

"We have a standard En Masse going on and so a bunch of artists are coming and 'jamming' on a comic-book theme."



well as discover new ones and see comics come to life.

Kill Shakespeare comic-book writer Anthony Del Col, who the *Nation* met at last year's event (and was featured on our cover), returned to promote a new edition of the *Kill Shakespeare* series and to take part in a live reading of the book.

"Shakespeare started on the stage and then came the books and now we are going back to the stage; it's going to be the third production of the show.

"We debuted it in Toronto last November with the Souleppper theatre company and then I flew to Tucson, Arizona, for a production there. It's a great show and really interesting to see the different interpretations.

"What we do is project the images from the comic on a screen and the actors read the dialogue. We also create the sound effects live and the music live. So it's a comic book and a radio play as well as a really cool theatre experience," said Del Col.

More can be found out about this series at www.killshakespeare.com/





Bottenberg said he and fellow crew members were absolutely thrilled to have been approached to participate in the convention as many of the collective's members are comic-book artists as well as avid fans of the genre.

"We have our own merch for sale too. I am so happy to be able to put out my own comic on the table at the big Comiccon, where it is naturally weird and awkward and cerebral in comparison to the heaps of Batman stuff. But I look forward to walking around.

"This is an excellent recruitment ground to expand our network of artists and it is naturally just a hop, skip and a jump away in terms of creative discipline from inking a comic page at home and painting a black-and-white comic character on a canvas here," said Bottenberg.

By attracting about 32,000 fans, this year's Comiccon was the most successful in Montreal to date. Next year's event has already been booked for September 13-15, and the next obvious question to ask is... who are you going to go as?



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New structures

Human Resources goes coastal and Whapmagoostui gets Justice

by Will Nicholls

The rate of growth in the Cree Nation is amazing at times and this is one of those times. Cree Human Resources Development (CHRD) has expanded their organization to the coast by opening up a new office in Chisasibi. It might seem like a small thing but when you talk to the Elders and almost Elders you will know how much it means.

Think back to a story about Mistissini Chief Smally Petawabino when the band office was a one-room shack with two desks and a stove. At that time, Mistissini's community hall was a long rectangular room about the size of four washrooms in the new community centre. The expansion of services and needs of the Cree Nation is something to be proud of.

CHRD Director Louisa Saganash said she was full of pride in the opening of the new office and what the staff had done to make it possible. She honoured Henry Mianscum for all his hard work and effort to make this dream come true.

Chisasibi Deputy Chief Daisy House Lameboy welcomed everyone on behalf of the community and said the CHRD's expansion would be an important resource for all the Cree communities and people. Lameboy talked of the need for CHRD services and resources for the present and future of the Cree Nation.

That was the morning of September 6 and then it was off to Whapmagoostui for the opening of their Justice Centre. Danielle Côté, Assistant Chief Justice of the Court of Quebec, Criminal Chamber, responsible for justice in Native communities, said, "It is my first time in Whapmagoostui, an extremely beautiful setting, facing the Hudson Bay."

Côté said, "The Criminal Code might be the same across Canada and the Youth Protection Act identical everywhere in Quebec, their application can and must differ when applied in



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another culture. Usually, the ultimate challenge lies with the person who has the decisional power.”

“A KEY PART OF OUR VISION LOOKING FORWARD IS THE TRAINING AND HIRING OF MORE CREES IN KEY POSITIONS THROUGHOUT THE JUSTICE SYSTEM.”

Côté said justice in Aboriginal communities is a cultural challenge. “Consequently, the judges who preside in northern communities are selected, not only because of their knowl-

edge of the northern context, but also because of their sensitivity to differences and their capacities to adapt to harsh working conditions, in many situations and communities.”

Grand Chief Matthew Coon Come said building the Justice Centre in Whapmagoostui was a logistical problem the Cree had to overcome, but it fulfilled “commitments made by the government of Quebec almost 40 years ago.” Coon Come added, “A key part of our vision looking forward is the training and hiring of more Crees in key positions throughout the justice system, including court clerks, justices of the peace, and eventually judges.”

This shows that this is more than constructing new buildings and offices. It’s about creating true resources to ensure a brighter future for Cree communities and people.

Air Creebec’s new hangar

by Kristen Larocque

On September 17, Air Creebec inaugurated its new airport hangar on Ryan Ave. near the Pierre Elliot Trudeau International Airport in Dorval, in time for its 30th anniversary.

Built with a \$1.3 million subsidy from the province, the \$10 million construction project began on November 15, 2011 and was completed less than a year later on July 18, 2012.

Beyond accommodating the increase in demand related to the Plan Nord’s activities in the coming years, this new location will allow for new areas of revenue generation, such as space rental to other airlines, allow mechanics to service more planes, increase cargo transportation to the north and allow for more storage space.

Grossing around \$70 million in annual revenues, Air Creebec expects the mortgage be paid within the next seven years.

Besides Dorval, Air Creebec has centres in Val-d’Or, Timmins and Moosonee. And this might be expanded to Manitoba in the near future.

For more info and time-lapse footage of the project under construction, go to: www.aircreebec.ca



Tightening the bond

Friendship centres look for stronger relationship with Grand Council

by Mark Della Posta

Native friendship centres around Quebec are looking to turn their friendly relationship with the Grand Council of the Crees (GCC) into a more formal one.

Under section 28, article 14, of the James Bay Agreement, Native friendship centres have traditionally relied on funding and assistance from the provincial and federal governments. With the signing of La Paix des Braves in 2002, the responsibility for ensuring that friendship centres were properly funded and supported was transferred to the Grand Council of the Crees.

"It's with this section [of La Paix des Braves] under which we are entering into a new dialogue with the Grand Council, hoping to get a process going in terms of how the Cree authorities will meet these responsibilities that have been transferred to them, from the James Bay Agreement to the Paix des Braves," said Édith Cloutier, executive director of the Val-d'Or Friendship Centre.

According to Cloutier, the importance of strengthening the relationship between Cree authorities and friendship centres stems from the changes in how Crees are living today, nearly 40 years after the establishment of friendship centres across the province. The increased number of Crees living off-reserve today has reinforced the importance of these Friendship Centres as a vital resource for the community.

"We've been in existence since 1974," she said. "This friendship centre was founded by Aboriginal communities, Crees and Algonquins, so that people transiting through the city or living in the city would have access to services and have a community space.

"There are more and more Cree people living in Val-d'Or for example," she added. "Now in 2012, we are looking at the reality of the services that are



Édith Cloutier, executive director of the Val-d'Or Friendship Centre.



The Val-d'Or Friendship Centre.

being provided, and seeing to what extent we have a Cree-based clientele."

The friendship centres offer a variety of services to Aboriginal peoples, such as health and education services, social services, a youth centre, as well as

room-and-board services for Aboriginals transiting in the city, sometimes for medical services.

With this new reality, and with the responsibilities that have been given to Cree authorities, Cloutier, as well as

"We have to go beyond intention and go towards action," she said.

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Clinically troubled

Mississini's old and new health clinics battle toxic mould

by Jesse Staniforth

The good news is that the toxic mould that appeared in Mississini's health clinic this summer got cleared up pretty quickly.

The bad news is that the clinic that got cleaned up is the *old* one. Mississini's new medical clinic, which might have been operational by now, is being taken apart piece by piece by workers searching for more mould.

"The clinic that we're in right now, there was air-quality issues that resulted from mould," says Paul Linton of the Cree Board of Health (CSB). "That was investigated and the proper issues were taken according to CSST so that it was safe for people to work in. The new clinic that was under construction and just about ready to be opened had a water leak in the dental area. On investigation to see if there was any damage caused by the leak, mould was found in the building as well."

Mississini's new health clinic is a long-awaited expansion of its previous medical capacity, with four times as much staff as the previous clinic averaged over the last decade, a full lab on-site, and units for haemodialysis and radiology.

"It's less like a clinic and more like a mini-hospital," says Mabel Herodier, Executive Director of the CSB.

As for the mould in the new building, Herodier explains, "There's two parts to the problem. For the interior, when they were installing the dental equipment, some of the tubing they used was defective. Flooding occurred during a weekend. When people came in on the Monday, there was a large pool of water – not just in the dentistry area, even though it's quite big. Water made it into the haemodialysis unit. Because they hadn't totally finished installing all the equipment, it leaked into the crawl space." From there, the moisture made its way elsewhere throughout the building.

"So we took care of that," Herodier says. "And then we discovered mould in the exterior envelope [of the building]. We didn't want to take a chance. We took off all the gyprock – we're taking everything off. We have to redo all the brick, all the siding – but it's the gyprock that has the mould on it. I guess what happened is that it got damp and they didn't wait for it to dry before putting the siding on. Eventually we would have had serious problems. In the building it was more than one type of mould. We had to remove the gyprock, some of the flooring, and we had to do a lot of work and get rid of all the contaminated material."

Though the general contractor was Cree Construction, Herodier couldn't recall at the time of the interview who the subcontractor was.

"We have to settle it," she says. "It's not just the construction company, it's also the supplier for the dental equipment. They were the ones who installed the equipment. They have to follow their own specifications. We don't do any part of that. We decided to cover [the cost of] it for now, but we have to settle all these matters. If we didn't, we wouldn't be moving into this building any time soon."

Linton is perhaps less optimistic. "Things are moving," he says. "At the clinic, once we found the mould, it moved very fast. It was taken care of in a number of weeks."

However, the pace of repairs on the new clinic has been much slower.

"This one's taking longer because of insurance and lawyers and all that stuff," says Linton. "Now they're actually working on it, but it sat idle all the summer because everyone was fighting with everybody. Everything should be up to standard – they say it will be ready in a couple of months, so I'm figuring sometime in the next calendar year."



Part of what's slowed the process of repairs has been the amount of work undertaken to make sure the new facility will be absolutely safe for the public and its employees.

"The community doesn't have anything to worry about," says Herodier. "We've taken all the security measures with Public Health and CSST – we even brought special sniffing dogs to sniff for mould. Plus once all reconstruction is completed, we have to do all the fine vacuuming and wipe-downs, all the very fine cleaning. We checked everything – the ventilation, even parts of the suspended ceilings."

What worries Herodier most is that the delay is preventing locals from getting the health care they deserve.

"The population deserves the kind of facility that we built," she says, "especially when we think about patients who are receiving haemodialysis – they can't even stay home. Either they have to travel to Chibougamau, or to Montreal. At least now they can come home. We're not going to start haemodialysis right away – it takes about two months before we can fully set up everything, and hire all our professionals, but eventually, in March or April, these people can come. When you think about the quality of life – family life – it makes such a difference. So I'm anxious, very anxious, to open this facility."



A man with a bow

A portrait of hunter Ken Taylor

by Pierre Coulombe

Kenneth Henry Taylor

Born: March 25, 1953

Son of Harry Taylor (Rouyn-Noranda) and Jeanine Roy (La Tuque)

Married to Ethel Katapatuk (Waskaganish)

Father of Daniel Taylor (Lisa Shallhorn) and Cynthia Taylor (Dr. Mark Watson)

Grandfather of Annika Mabel Taylor and Autumn Esme Watson

This lifelong woodsman with a vast knowledge of the outdoors walks a singular path as both a hunter and a true citizen of the North. Raised in close proximity to the Cree people, he is akin to Native ways and was able to develop his own philosophy in regards to hunting. His impressive record with the long bow places him among the very best and is nothing short of legendary.

It was a privilege entering the house of this renowned hunter who usually enjoys the privacy of his home and usually only opens his doors for family-related matters. Walking into Ken Taylor's basement was like entering a sanctuary filled with hunting trophies and souvenirs collected over the years, allowing the inquisitive observer to wonder about the many stories behind them.

Taylor possesses a unique career path and the stories he brings up include many people from the Cree Nation with whom he has shared life-long friendships. His childhood memories take us back when his father brought him along into the woods, at a very early age, and where he encountered Cree hunters and fishermen harvesting for their families. He lived in isolated areas, often without electricity or plumbing. He saw his mother carry water on her back just like the Cree women did.

Taylor explains how the forest became his playground and his "first school". Both his parents often told him how he learned to catch minnows, frogs and squirrels as soon as he could walk. Taylor says he was allowed to bring silent weapons – a bow or slingshot – while his father sought bigger game, when they hunted together. He collected a good bank of experience while attending school and grew into a strong teenager.

On a beautiful Indian Summer day in September 1972, with the belfry resonating at the All Saints Anglican Church in Rouyn-Noranda, the 19-year-old Taylor walked the aisle with his teen sweetheart, Ethel Katapatuk, 17, whom he met while attending Noranda High School in Rouyn-Noranda. Regarding their respective cultural backgrounds, Taylor and his wife never made much fuss about it. "God made us one. We're all God's children," says Katapatuk.

Taylor is proud to share that he is a fourth-generation descendant of Montagnais Natives via his French mother, Jeanine Roy. His father, Harry Taylor, a master mechanic of





Ken and Ethel 1972

mine machinery, gave him a rich mix of English, Irish and Scottish ancestry, not unlike many Crees of James Bay who possess similar bloodlines.

The Hunter

As a hunter, Taylor values his good health. As he explains, he realized early in life that he had a physical advantage over most of his peers. He was tall for his age and had a good bone structure. He started training at the age of 13 and by the time he graduated from high school, he had become a self-employed trainer and a strong advocate of physical fitness. He managed a private gym for competitive athletes and operated Club-Santé K.T. in Rouyn-Noranda. Among his collection of titles, he won two North American Heavyweight Arm Wrestling Championships and in 1977, he was proclaimed World Champion – nothing less for a legend in the making.

Taylor offers his services as a guide to outfitters and several local and foreign hunters. His workload was always physically demanding and often required 15 to 18 hours a day, from May to December. His year planner still starts in late April, preparing for bear hunting season (May and June) and is followed by caribou and moose hunting in the fall. He finishes his itinerary with deer hunting in Saskatchewan from mid-October to December.

Between Past and Present

Taylor's passion for hunting is an understatement. When hunting for himself, Taylor only uses the traditional long bow, his unique hunting companion. "Throughout history, the bow underwent several modifications according to the needs of the times," he says. The North American Natives used flat bows, while Mongolians, living a continent away, used shorter recurves for manoeuvrability.

Taylor further explains that modern bows have become high-tech; they are made out of composite materials and equipped with pulleys and sights. But Taylor prefers traditional bows that have no sights and no mechanical advantages. "These bows are shot instinctively," says Taylor.

Using a traditional bow does increase the level of difficulty for the hunter but Taylor belongs to a breed of hunters who finds fulfilment in the complete experience of hunting rather

than the simple finality of harvest. "After harvesting a big game animal, I feel the same way the ancestors did," says Taylor, with a gleam in his eye.

With the exception of migratory birds (hunted with a firearm), a large number of big-game animals have fallen prey to his marksmanship. Several bears – large enough to be listed in the big-game records book – have been stopped by his cedar arrows. Taylor's reputation has grown over the years.

Eeyou Istchee Resident

Taylor and Katapatuk always kept close ties with her hometown of Waskaganish. They were able to become fulltime residents when the access road was built in 2001, thus allowing Taylor to continue his frequent travels while permitting the couple set up residency on a permanent basis.

Today Taylor is able to share his love of the outdoors with his Cree family, friends and relatives. He is proud of following the Cree ways and traditions while contributing his own experience learned from guiding and hunting across North America. Taylor is particularly grateful to have visited Waskaganish early enough to have met with Elders like the late



Frank Moar and Rosy Jolly, and to spend time with Mary Katapatuk, his wife's grandmother.

Taylor has many fond memories of his father-in-law, the late Walter Katapatuk, who instilled him with many Cree principles over the years and shared hunting stories from days long gone. These include stories of Walter, as a boy, hunting with a wooden bow that his father Abraham had made for him. "The Elders are living history," says Taylor. "We must listen while we can." Taylor appreciates this sharing of knowledge as it permits him to increase his understanding of the forest as a living body.

Shy of his 60th birthday, and currently celebrating his 40th wedding anniversary with his wife, the 6'1" Taylor still weighs 260 pounds and is very active. In recent years, he has been doing some freelance writing for various hunting magazines, where he is able to share his unique experience with a large number of hunting aficionados. We still have more to discover about this impressive man and his remarkable career.

As a parting gesture, Taylor takes this opportunity to salute all his James Bay friends from his old school days in Rouyn-Noranda. Waachiiyaa!

INVITATION TO CREE BUSINESSES / ENTITIES

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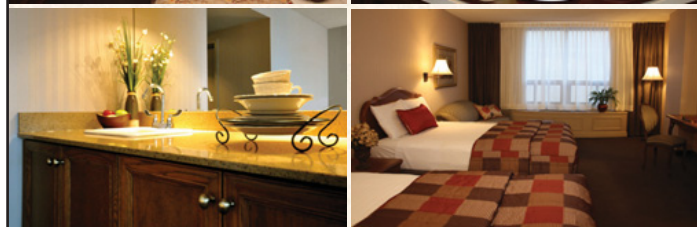
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Wachiya!



THE SDBJ SIGNS A PARTNERSHIP WITH OMNI STAR SYSTEMS OF WASWANIPÍ

We are pleased to announce that a partnership agreement to develop renewable energy projects has been signed with Omni Star Systems.

"Partnerships with the region's private businesses and organizations are the main thrust of the SDBJ's action in 2012 and for the coming years. It is in this spirit that we are proud to support the projects that will be developed by Sam W. Gull," said Raymond Thibault, President and CEO of the SDBJ.

Sam W. Gull, President of Omni Star Systems would like to develop partnerships with the Cree communities and entrepreneurs by promoting the advantages of renewable energy. "My goal is to generate new investments in Cree territory. The SDBJ's expertise will enable me to carry out business projects that will benefit the communities."

Société
de développement
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Québec

www.sdbj.gouv.qc.ca

Belly fat blues

Just how dangerous is a large waist?

by Amy German

A new Mayo Clinic study has caused a stir amongst the health community as it suggests that people who are of normal weight but have a large concentration of fat over their abdomen (belly fat) are at higher risk than those who are obese.

The study examined data on 12,785 people aged 18 years and older and found that the risk of cardiovascular (heart-related) death was 2.75 times higher and the risk of death from overall causes was 2.08 times higher for those with belly fat than those who were of normal weight without the belly fat.

According to Dr. David Dannenbaum of the Cree Board of Health and Social Services of James Bay, the overall message is about living healthy.

"You have to read between the lines. If you are a couch potato and skinny versus someone who is very active and overweight, you may be better off being the latter.

"The truth is that most overweight people are nowhere near as active and so those in the active and overweight category is very small. Most overweight people can't be that active because they are overweight or aren't that active and that is why they are overweight," said Dannenbaum.

Belly fat, however, can be very dangerous as rather than just being a bit of pudg around the midsection it is actually its own organ. Belly fat, medically known as visceral fat, secretes a series of different hormones, some of which are not yet identified.

According to Dannenbaum, it is these new hormones that could be the real danger.

"There are many new studies on leptin and adiponectin. These are new hormones that are being secreted by this visceral fat that they think could be behind what is causing all of this insulin resistance. This is why they are focusing on visceral fat with a lot of new medications, although there isn't any medication that can lower or get rid of your visceral

fat. The only way to do that is through diet and exercising," said Dannenbaum. And, the Crees of James Bay should pay particular attention to this new information as having the type of body where an individual is thin except for their midsection is quite common.

While belly fat may increase the risk for disease and death, Dannenbaum said that this issue shouldn't be blown out of proportion as that risk is all relative, with the percentages only having been raised minimally.

At the same time, he stressed that it is important for people to understand what their waistlines should look like and work on that. According to the National Cholesterol Education Program, men should be aiming for a waist measurement of 102 centimetres (40.2 inches) to start off with and 88 cm (34.6 in) for women. Eventually the ideal waist measurement should be 90 cm for men (35.4 in) and 80 cm for women (31.5 in).

The most important thing to mention is that there is no pill that you can take;

"YOU HAVE TO READ BETWEEN THE LINES. IF YOU ARE A COUCH POTATO AND SKINNY VERSUS SOMEONE WHO IS VERY ACTIVE AND OVERWEIGHT, YOU MAY BE BETTER OFF BEING THE LATTER."

you need to do something about it yourself. It doesn't require a lot of weight loss and it doesn't require running marathons. But it does require eating healthier foods and doing more physical activity.

"This is the kind of success story that we see, those who can gradually make changes and then maintain them and feel comfortable with them. Usually these people will feel a lot better, enough to make other changes," said Dannenbaum.

AVIS PUBLIC

Le 24 novembre 2006, le ministère du Développement durable, de l'Environnement et de Parcs a autorisé Hydro-Québec à réaliser le projet de centrale de l'Eastmain-1-A et dérivation de la rivière Rupert. La condition 9.2 associée à cette autorisation stipule que Hydro-Québec doit collaborer avec le Comité d'examen (COMEX) pour mettre en place un processus de consultation de la population crie. Cette consultation a pour objectif, entre autres, de connaître le point de vue des Cries sur l'efficacité des mesures d'atténuation qui ont été mises en place afin de réduire les impacts sur l'environnement et le milieu social, ainsi que des moyens qui pourraient être envisagés pour remédier aux impacts résiduels. Ainsi, le COMEX tiendra des consultations publiques dans les communautés qui ont été touchées par le projet de Centrale de l'Eastmain-1-A et dérivation de la rivière Rupert et désire entendre les commentaires de la population à ce propos. Des représentants d'Hydro-Québec et de la Société d'énergie de la Baie-James seront aussi sur place pour répondre aux questions.

Les rencontres se tiendront les :

6 novembre 2012 : au du complexe sportif de Mistissini de 19h à 22h.

8 novembre 2012 : au complexe sportif de **Nemaska** de 19h à 22h.

13 novembre 2012 : à l'auditorium de l'édifice Mitchuap de **Chisasibi** de 19h à 22h.

15 novembre 2012 : aux bureaux du Conseil de bande d'**Eastmain** de 19h à 22h.

20 novembre 2012 : aux bureaux du Conseil de bande de **Wemindji** de 19h à 22h.

22 novembre 2012 : à la place de rassemblement de **Waskaganish** de 19h à 22h.

Afin de mieux planifier le déroulement des séances, nous apprécierions être avisés à l'avance de votre intention de présenter oralement vos commentaires sur le projet, au 418-521-3933 ou par courrier électronique à secretariat.comex@mddep.gouv.qc.ca

PUBLIC NOTICE

On November 24, 2006, the Ministère du Développement durable, de l'Environnement et de Parcs authorized Hydro-Québec to carry out the Eastmain-1-A Powerhouse and Rupert Diversion Project. Condition 9.2 of the certificate of authorization stipulates that Hydro-Québec must collaborate with the Review Committee (COMEX) to set up a process for consulting the Cree population. The objective of this process is, among other things, to make known the point of view of the Crees on the effectiveness of the mitigation measures put in place to reduce the project's environmental and social impacts, and the means that could be envisaged to deal with residual impacts. Accordingly, COMEX will be holding public consultations in the communities affected by the Eastmain-1-A Powerhouse and Rupert Diversion Project and would like to get the population's views on the matter. Representatives from Hydro-Québec and the Société d'énergie de la Baie-James will be present to answer any questions.

Sessions will be held on the following dates:

November 6, 2012: from 7 p.m. - 10 p.m., at the **Mistissini** Sports Complex.

November 8, 2012: from 7 p.m. - 10 p.m., at the **Nemaska** Sports Complex.

November 13, 2012: from 7 p.m. - 10 p.m., in the auditorium of the Mitchuap Building in **Chisasibi**.

November 15, 2012: from 7 p.m. - 10 p.m., at the **Eastmain** Band Council office.

November 20, 2012: from 7 p.m. - 10 p.m., at the **Wemindji** Band Council office.

November 22, 2012: from 7 p.m. - 10 p.m., at the Gathering Place in **Waskaganish**.

To help us plan the sessions, please let us know beforehand if you would like to make an oral submission on the project by calling 418-521-3933, or by sending an email to secretariat.comex@mddep.gouv.qc.ca.



Convention de la Baie-James et du Nord québécois
James Bay and Northern Québec Agreement
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Independence? Not for us!

Canada has celebrated its founding as a country since July 1, 1867, but it wasn't until 1927, almost 60 years later, that it was first recognized as an independent state. That's because our colonial overlord in London still controlled our foreign policy over that period. Canadians, through their elected representatives, had no power over whether to commit their country to war, the ultimate decision over the fate of a truly independent nation.



The United States, or anyone else for that matter, didn't even bother to establish diplomatic representation in Ottawa until that year. In reality, we should celebrate February 18, 1927, the date our first ambassador Vincent Massey presented his credentials in Washington, DC, as our de facto independence day.

As is noted on the "Office of the historian" website of the US Department of State, "This action followed the 1926 British Imperial Conference that produced the Balfour Declaration, which stated the United Kingdom and the Dominions 'are autonomous Communities within the British

Empire, equal in status, in no way subordinate one to another in any aspect of their domestic or external affairs.'"

Now, under the Harper government, we are pretty much back to where we began: as subservient colonial hicks good for little else than chopping trees, digging mines or drawing water – and leaving the important decisions of diplomacy to our big brothers on the international scene.

The recent announcement that Canada would henceforth "share" embassies around the globe with Great Britain was carefully presented as a simple cost-saving measure. The reality is that the international perception of our power to present an independent Canadian voice on world affairs will be deeply compromised.

It's true that Canada and Australia have had a similar arrangement for several years. This is different. Great Britain was once the all-powerful imperial master of both countries. But Australia, at least, now jealously guards its independence from that former empire. It's worth noting that the current Aussie Prime Minister, Julia Gillard, won election in 2010 only days after she said Australia should drop its ties to the British monarchy. There is a political leader who is in tune with her constituents.

If only our prime minister had balls as big as hers.

Instead, over the past couple years, Harper has gleefully frittered away millions in public funds so that the bonnie Prince William and his porn-star-wannabe princess could give the royal wave during a lavish national tour across Canada. Then the star-struck PM took our military into the distant past by reinstating the archaic "royal" designation on our navy and air force, as if they were once again the playthings of Buckingham Palace and not the ultimate guarantors of our Canada's sovereignty.

This was followed up by this year's orgy of government-funded fetishism to celebrate the War of 1812, in which the British troops then occupying this land had their starved bottoms rescued by Native allies during the US invasion – though

this little detail has been largely airbrushed from a publicity campaign that has evolved into a bizarre propaganda exercise

"THERE IS A THREAT TO OUR COUNTRY, BUT IT DOESN'T COME FROM TEHRAN. IT IS RESIDENT AT 24 SUSSEX DRIVE IN OTTAWA."

in historical revisionism worthy of the Soviet politburo under Joseph Stalin.

Given this pattern, the decision to demote our international diplomats to the status of British bunkmates is extremely disturbing. As I said, perception matters. The other members of the United Nations know our history, and will not fail to note the glaring symbolism of the move. Embassies are a symbol of our independence around the world. And symbols matter.

It's difficult to imagine, however, had not Harper's ideological fellow traveller, the Conservative David Cameron, been the current prime minister of Britain. This detail tells us volumes about the true loyalty of neo-cons like Harper. It's not to their fellow citizens and country but to a political idea and its cadre of disciples.

Take, for example, the other bizarre Conservative government decision to dramatically end diplomatic relations with Iran despite the complete absence of any credible threat. It's a move transparently organized by the right-wing prime minister of Israel, Benjamin Netanyahu, in Israel's steady build up to a military strike against Iran. Canada is only a useful puppet in Israel preparations for war; Canadian citizens or interests in Iran be damned.

There is a threat to our country, but it doesn't come from Tehran. It is resident at 24 Sussex Drive in Ottawa. Step by step, our very own prime minister is methodically working to debase and eventually erase the notion of Canada as an independent country of citizens with common purpose and collective interests.

Given Harper's success to date in achieving this mission, one might reasonably ask why we should bother funding independent diplomatic representation around the world. Just to ask this question, though, is to answer it. One wonders how long it will be until US decommission its own embassy in Ottawa as an unnecessary, expense.

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UNDER THE NORTHERN SKY

We need a renaissance in education

by Xavier Kataquapit

It is back to school for everyone now that summer has wrapped up. Heading back to the classroom was always something I looked forward to when I was a boy back up north in Attawapiskat. The school was more or less a refuge for me where I could find some kind of an organized existence. It was also a challenge in a clean, formal environment where I had the opportunity to learn all kinds of new things that excited me.

Other kids teased me for being a teacher's pet and for being a geek – although that is not the word they used back then. Most of my classmates hated school and did not show up all that much. When they did they either made noise or just sat in their seats uninterested.

So, I guess I was a kind of geek and most of the time I was eager to participate and to learn. Even though it was difficult to operate in the school environment where I had to speak English I managed to do well. I had a lot of great teachers and some not so fantastic, but then again I guess that's how the education system is everywhere. When my teachers were young and passionate then it was easy to learn, but some of the older ones who had been in the system for some time seemed jaded. I have to admit being a teacher in a remote northern First Nation is not the easiest thing in the world. Sometimes it is downright dangerous.

I have known occasions when students who were unwell or having a hard life at home were very aggressive and violent towards their teachers. Most teachers I had did not stay long as life was just too hard, tragic, dysfunctional, lonely and expensive in the far north. A lot of them came from the Maritime provinces and in general most of them had a more open and tolerant view of life than others who came from big cities in the south. Easterners also were full of good humour and that helped them cope with the freezing winters.

Many people I know become teachers because the pay is good and most get the summers off for vacation. However, the very best become teachers because it is their passion and they love to be around kids. Some of my friends who are teachers have inherited the passion from other family members who dedicated their lives to this profession.

I find it so strange and sad that when governments feel a need to cut budgets they usually hit education, health and the arts. For the past decade I have seen teachers discredited by government and rightwing lobby groups for having powerful unions and for asking for too much. It bothers me that our governments seem to want to drive the education system backwards to a time when class sizes were too big and the quality of teaching suffered because of this.

At this point in our social development in a developed country like Canada you would think that our education system would be a priority with government, but it seems like those forces that make most of the decisions in this world want people to dumb down. Could it be that the wealthy small percent of this world that pulls all the strings wants a dumber population that is less well informed and more apathetic when it comes to political, environmental, Aboriginal and health issues?

As far as I am concerned, education in this country should be free for everyone from the early levels right through college and university. We should be very concerned and focused on providing our children with the best education possible so that they become part of the solutions for any problems that arise in our world. I love reading about the history of this planet and my favourite period is without a doubt the Renaissance. Wouldn't it be great if we could dedicate ourselves to providing the best possible education to our young people by making learning free, interesting and exciting. Wouldn't it be great if your kids got to go to a school where they had many more teachers and smaller class sizes. I think it is time for such a new renaissance period.

Right now our planet is facing so many challenges with the environment, conflicts and an unfair balance in the sharing of wealth and resources. We really need an education system that will produce bright, passionate and capable people to help us face an uncertain future. So, let's stop bashing teachers and instead give them the tools and environment they need to make our kids renaissance people. We need a breakthrough in education and we need it soon.

CLASSIFIEDS

PUBLIC SERVICE ANNOUNCEMENTS

The First Nations Information Governance Centre
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DEADLINE OCTOBER 19, 2012

The First Nations Information Governance Centre (FNIGC) Board of Directors is pleased to announce a Scholarship opportunity for First Nation students who are pursuing a degree in the field of Epidemiology, Population Health, Statistics or Information Management Technology. Based upon available funding, the FNIGC will grant two (2) \$1,000.00 Scholarships annually to aid students in their education endeavours in these specialized fields.

For further information on the FNIGC, please see our website at: www.fnigc.ca

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The week offers an opportunity to discover and learn about Aboriginal peoples in Canada. It will include an exploration of legal definitions of Aboriginal peoples in Canada, their struggle for recognition as a nation, as well as a look how Aboriginal peoples define themselves and where they stand in the international stage.

Browse through the week's activities—from the opening and closing ceremony—to an excursion to the Kahnawake Cultural Centre. We invite you to discover and learn about Aboriginal peoples of Canada; their histories, their cultures and about contemporary issues.

To kick-start the week, Friday September 21 is the date of the 11th Annual Pow-Wow, located on lower campus, hosted by the First Peoples' House.

Visit our Website for the week's schedule:

<http://aboriginalnetwork.mcgill.ca/>

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Parents' Helpline: 1-800-361-5085
(www.parenthelpline.ca)

Missing Children's Network: They'll help you find kids who have run away or disappeared. 514-843-4333
(www.enfant-retourquebec.ca)

Drug Addiction help and reference: 1-800-265-2626
(www.droguereference.qc.ca)

Gambling Addiction help and reference: 1-800-265-2626
(www.info-reference.qc.ca)

S.O.S. Conjugal Violence:
1-800-363-9010
(www.sosviolenceconjugale.com)

Health and Sexuality Resources Center: 1-888-855-7432
(Monday to Friday, 9am to 5pm) (www.criss.org)

Gay Helpline: 1-888-505-1010 (Monday to Friday, 8 am to 3 am and Saturday-Sunday, 11 am to 3 am)

The Native Women's Shelter of Montreal: 1-866-403-4688
(www.nwsm.info)

Suicide Action Québec:
1-866-277-3553
(www.suicide-quebec.net/)

Residential School Survivors: A 24 hour toll-free crisis line is available to provide immediate emotional assistance and can be reached 24-hours a day, seven days a week: 1-866-925-4419. Other support services and information for survivors is available on the AFN website at: www.afn.ca/residentialschools/resources

Concordia University, Montreal:

The Centre for Native Education has changed its name to the Aboriginal Student Resource Centre (ASRC). The new name is inclusive of the First Nations, Inuit and Métis students the centre serves and recognizes its role as a resource for the Concordia community. For any further details contact: aboriginalcentre@concordia.ca or 514-848-2424 ext. 7327.

NATION CLASSIFIEDS

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